

# Activity: Mindful Eating for Weight Management



Stop by and participate in an interactive activity to engage in a mindful eating demonstration and connect eating with the hunger scale. Join the Fruit and Veggie Challenge.

**James Monroe Building, Outside of Cafeteria**  
**Wednesday September 5**  
**7-10AM**

**Healthy Lifestyle Coaching** is available at **no cost to COVA employees** enrolled in **COVA Care, COVA HDHP, or COVA HealthAware**. Call Coach Lou to schedule your appointment and get started on your journey to better health!

ActiveHealth services are not affiliated with CommonHealth



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